

Fresh

MONDAY



Shredded Chicken Tacos with
Corn Salad

*Double the chicken recipe for the Tortilla Soup later this week. Leftover Corn Salad also goes into the soup.

TUESDAY



Lentil Curry w/ Cauliflower & Peas, with Coconut Rice

*Replace 1 cup water with coconut milk for amazing rice. Double the rice for Rice Cereal in the morning or with Sunday's meal.

WEDNESDAY



Pasta with Italian Sausage and Broccoli

*Sub chicken sausage, or cannellini beans for the Italian sausage if you wish.

THURSDAY



Tortilla Soup with GF cornbread

*Any leftovers from Taco night can be added to the soup.

FRIDAY



Honey Broiled Salmon with
Carrots and Potatoes

*Sub any vegetable you like for the roasted carrots: green beans, asparagus...

SATURDAY



Grilled Asian Pork Kabobs with
Peppers and Cilantro Rice

*Warm rice from Tuesday with coconut milk or broth and add chopped cilantro & lime.

SUNDAY



Pesto Rosso Pasta with
Cannellini Beans

*This 5 minute pesto packs a ton of flavor. Use your favorite pasta and fresh parmigiano Reggiano!

- 1 head cauliflower
- 1 head broccoli
- 2 cups frozen peas
- 3 bell peppers
- 1-2 jalapeños
- 3 lbs carrots
- 1 zucchini
- 1 pkg cherry tomatoes
- 3 lbs new potatoes
- 1 red onion
- 2 yellow onions
- 2-3 cloves garlic
- 1-2 avocados
- 1 bunch cilantro
- 1 bunch parsley
- 1-2 limes
- Parmesan cheese
- sour cream
- 4 lbs Chicken breasts/thighs
- 2 lbs pork
- 2 lbs salmon

Pantry + Spices

- 1 ½ cups red lentils
- Corn tortillas
- 2 Gf pasta
- Basmati rice
- cornmeal
- better than bouillon
- coconut milk
- 1 can diced tomatoes
- 1 can black beans
- 1 can cannellini Bns
- 1 pkg frozen corn
- Almonds
- Tomato paste
- Chili powder
- Cumin
- paprika
- Curry powder
- Turmeric
- Oregano
- Olive oil



Welcome to the Pocket Change Gourmet family!

We are so glad you are here and hope you enjoy these dinner recipes as much as we do.

We design our meal plans with this philosophy:

Quick prep and easy cleanup.

Life is busy, so we love one pot wonders, parchment paper for easy cleanup, and meals with simple ingredients.

Taste comes first.

Our recipes are gluten-free, but they are so good, that's almost beside the point!

Variety makes cooking (and life!) fun.

We like to use a variety of proteins, vegetables, and grains as well as spices and flavors from around the world.

We plan for & utilize leftovers.

It's great for our wallets, good for the planet, and saves time.

To see the recipe details and step-by-step instructions, click the blue links on the menu. There you'll also find great ideas for other side dishes, substitutions, and time saving tips.

Food Allergy Corner

If someone you love struggles with food allergies, look for this section of my newsletter each month.

I'll share my experience with my daughter's food allergies, the guidance I wish I'd, and invaluable resources to support your journey.

Best of GF Products

Over the last decade I've tried all the GF products I could find—breads, pastas, flours, condiments, and many more.

I'll share our family favorites to help save you time and money.